



# REST & SELF-CARE

WAYS TO REST AND RESTORE  
WITH CREATIVITY AND NATURE

[WWW.NATHALIEBONTE.COM](http://WWW.NATHALIEBONTE.COM)

# Welcome!

I am Nathalie, artist, educator and mentor. I am glad to share this booklet with you. Here you can read about self-care and how you can use creativity and nature to rest and restore.



## ABOUT ME

I am passionate about helping women to find calm in a busy life and to follow your heart and intuition in the way you live and create.

N Bonte Studio is a place where art and self-care come together to help you find inner calm and to nourish yourself.

I bring you everything I know as an artist, from 20+ years of working in (mental) health care and education and from being a certified yoga teacher and yoga nidra facilitator.

There are times that you long for some rest. Life can feel overwhelming sometimes. That isn't always easy. And even when life feels quiet, selfcare is still essential.

So, let's explore ways to rest and restore. To live and be creative from the heart. Connect with yourself and nature.

*Nathalie*



## Let's talk about rest

Rest is a basic need, that's why we as humans sleep every night. It helps us to get enough energy to do everything during the day. Among other things, it helps with brain health, relaxation and it increases your creativity.

And...

Everyone experiences some stress, for example in traffic or at work. A little stress now and then is not bad. It can give you energy and focus. However, it is important that your brain gets enough rest and space to recover. And this is where self-care comes into play to maintain a good balance.



## **Self-care**

Self-care is not just rest, however and certainly not just sleep or not doing anything. Self-care is about listening to what you need to relax and unwind and then doing that.

There are some basic needs like sufficient sleep, exercise and enough healthy food and drinking water.

In addition, you add to this what suits you, what makes you happy and brings you joy. What helps you relax and keeps your mind and body healthy.

It might take time to (re)discover what fits you. It can even be that you need different things at different moments in life.

Take your time and try things out. Be curious and go on a journey of discovery.



# REST AND SELF-CARE

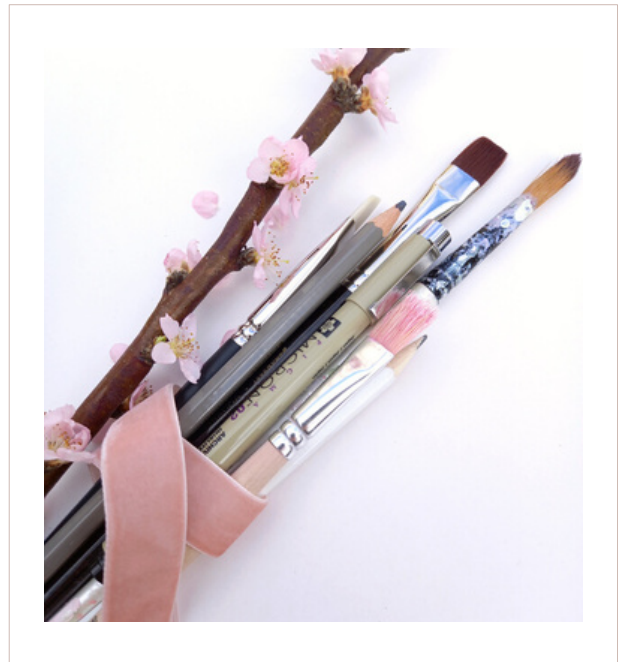
## LET'S LOOK AT TWO WAYS

### CREATIVITY

Creativity can help you process your feelings and thoughts. It also brings peace of mind. Sometimes it feels meditative.

Creativity can be about painting or drawing, but it doesn't have to be. It could be writing, knitting, cooking, baking, photography or being creative in a (work) project.

What makes your heart sing? What brings you joy and make you smile? After what creative activity do you feel rested and relaxed?



### NATURE

You can go into nature in many different ways and there are so many places. The coast, the forest, a park or a botanical garden. Also think about a street with trees or your garden.

Walking in nature has wonderful benefits. The fresh air, the fragrance, the green of the trees and plants, it relaxes and can even have benefits for your health.

*"A new path ahead  
strength and curiosity  
to decide where to go."*

Nathalie

# CREATIVITY



Make a close up of your favorite flower (or use this one) and draw, paint, knit, write about what you see.

or

Draw this flower, using only lines for example with a pen, pencil, marker or ink

*Let's create a creative mini retreat for yourself*

Create a place in your home where you can sit and be creative.

What do you prefer?

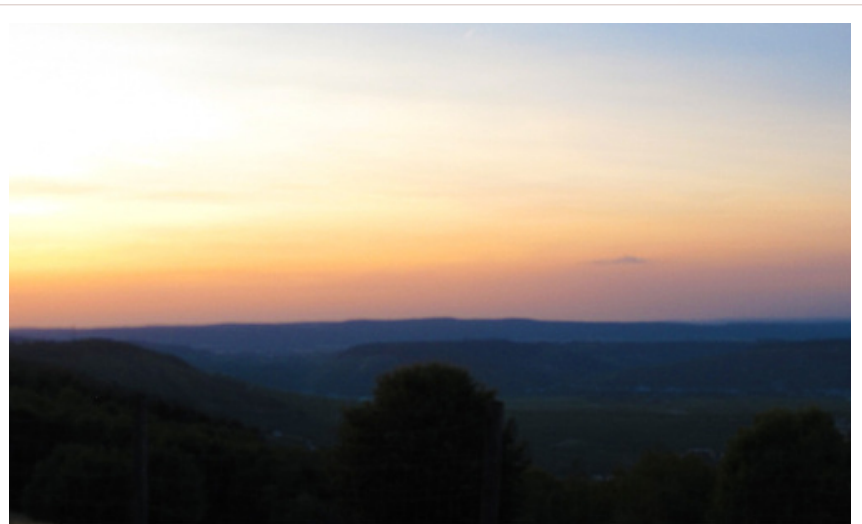
All the materials around you, a plant or a candle, be able to put on some music?

Choose a creative prompt from this page and see how it goes.

Get your colored pencils out and make a beautiful sunset.

or

Write a poem about what you see when you look at this sunset.





# GOING INTO NATURE



Get some rest. Go for a walk in nature.

Take a picture at the beginning of your walk. What catches your attention?

Put your phone away, so you can enjoy the walk and nature, really be in the moment.

*Close your eyes and take a deep breath  
Feel the earth beneath your feet*

Go into nature for a walk. What do you notice around you?

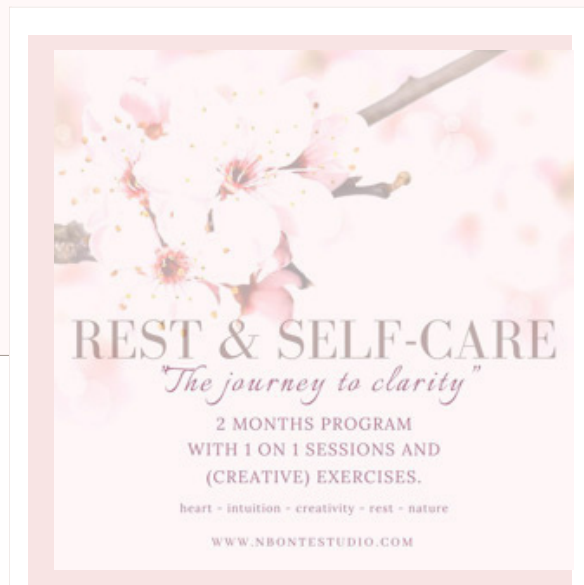
What plants do you see in the forest, beach, park, garden or use your plants at home. Feel the structure.

How can you recreate this structure on paper or use it to make something creative?





DO YOU WANT SOME GUIDANCE AND SUPPORT?



**It is not unusual that sometimes you just do not know how to rest and restore. What you need or self-care means to you.**

Asking for guidance is the best thing you can do. To discover and explore ways that suit you to relax and unwind, be creative, connect with yourself and nature.

Be you from your heart and intuition. So that you are better able to give yourself what you need and feel rested and energized again in life.

**We can do this together in the 2 months program  
"The journey to clarity"**

There are 1 on 1 sessions and exercises. I support and guide you on your path. We will use creativity and nature. In addition, there will be other approaches and sources for example writing, breathing, yoga nidra. All tailored to your wishes and needs.

*Available in English and Dutch (Nederlands)*

[SCHEDULE A FREE CALL HERE](#)

---

OR GO TO [WWW.NATHALIEBONTE.COM](http://WWW.NATHALIEBONTE.COM)

to explore all the courses, workshops and fine art



WWW.NATHALIEBONTE.COM

The images, artwork, and contents may not be copied, collected, or used for personal or professional gain without the written permission from Nathalie Bonte - N Bonte Studio

